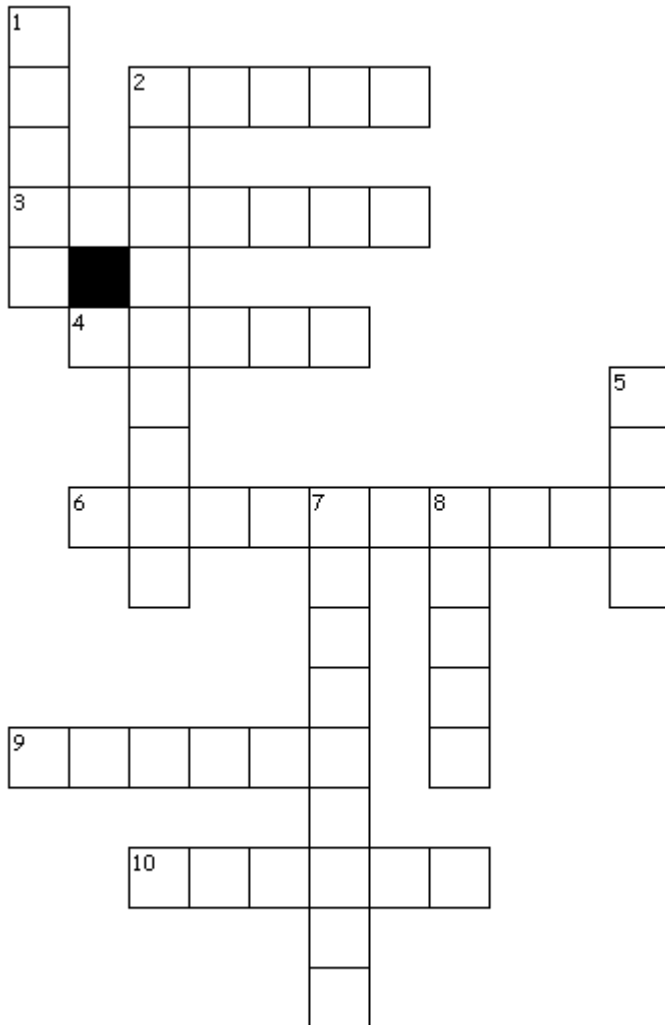


# Eat your Greens on St. Patty's Day!



March is  
National Nutrition Month®



NAME:	
PHONE 564-	
EMAIL:	@ky.gov

## Across

2. Number of minutes per day you should exercise. (Hint: number of minutes in hour.)
3. Green leafy vegetable that is eaten in salads.
4. Oranges, apples and bananas are examples of this and you should try to eat at least 2-1/2 cups per day.
6. Carrots, broccoli and sweet potatoes are a few of these. You should eat at least 2 cups a day, including dark green and orange.
9. Fiber is found in foods that are made from \_\_\_\_\_. (Hint: begins with a p and grows in the garden.)
10. Red vegetable that you can use on salads or in pasta sauce.

## Down

1. \_\_\_\_\_ grains have more fiber and nutrients than refined grains. You should eat 3 or more servings of these per day.
2. This fat is solid at room temperature and is bad for your heart.
5. This animal swims, and eating it two times per week is good for your heart.
7. Avoid these fats, found in fried food and processed food. They raise bad cholesterol and lower good cholesterol.
8. These are also known as legumes and are very high in fiber. Black, pinto and kidney are a few examples.